

Cocaine

拍數: 68 牆數: 4 級數: Intermediate
編舞者: Ingrid Opitz (DE) - November 2017
音樂: Cocaine - Jackson Taylor & The Sinners



Intro: 16 Counts.

Walk, Walk, Shuffle Back, Rock Back, Shuffle Forward

1, 2 Step R fwd, Step L fwd
3 & 4 Step R back, Step L together, Step R back
5, 6 Rock Back onto L, Rock fwd onto R
7 & 8 Step L fwd, Step R together, Step L fwd

Kick, Kick, Rock Back, Kick, Kick, Rock Back

1, 2 2 x kick R
3, 4 Rock Back onto R, Rock forward onto L
5, 6 2x kick R
7, 8 Rock Back onto R, Rock forward onto L

Cross, Back, Heel, Touch, ¼ Turn R, Touch, ¼ Turn L, Touch

1, 2 Cross R over L, Step L Back
3, 4 Tap right heel fwd, Tap right toe next to L
5, 6 Step R fwd with ¼ R-Turn, tap left toe next to R
7, 8 Step L to left side with 1/4-L-Turn, tap right toe next to L

Step, 1/8 Turn L, Step, 1/8 Turn L, Cross, Side, Behind-Side-Cross

1, 2 Step R fwd, 1/8-L-Turn
3, 4 Step R fwd, 1/8-L-Turn
5, 6 Cross R over L, Step L to left side
7 & 8 Cross R behind L, Step L to left side, Cross R over L

(Restart: On wall 3 and wall 6 replace Behind-Side-Cross (7 & 8) with Behind-Side (7, 8) and then restart)

¼ Turn R, ¼ Turn R, Shuffle Forward, Stomp, Scuff, ¼ Turn L, Stomp, scuff

1, 2 ¼ R-Turn with Step L back, ¼ R-Turn with Step R fwd
3 & 4 Step L fwd, Step R together, Step L fwd
5, 6 Stomp R to right side, scuff L fwd
7, 8 Stomp L to left side with ¼ L-Turn, scuff R fwd

¼ Turn R, ¼ Turn R, Shuffle Forward Turning ½ R, Heel, Heel, Behind-Side-Cross

1, 2 Step R fwd with 1/4 R-Turn, Step L back with 1/4 R-Turn
3 & ¼ R-Turn with Step R to right side, Step L together
4 ¼ R-Turn with Step R fwd
5, 6 2 x tap left heel fwd
7 & 8 Step L behind R, Step R to right side, Cross L over R

Chasse R, Rock Back, Chasse L, Behind – ¼ Turn

1 & 2 Step R to right side, Step L together, Step R to right side
3, 4 Rock back onto L, Rock fwd onto R
5 & 6 Step L to left side, Step R together, Step L to left side
7, 8 Cross R behind L, Step L to left side with ¼ L-Turn

Point R & L, Heel R & L, Stomp 2 x, Rock Back

1 & Point R to right side, Step R next to L

2 & Point L to left side, Step L next to R
3 & Tap right Heel fwd, Step R next to L
4 & Tap left Heel fwd, Step L next to R
5, 6 2x Stomp R next to L
7, 8 Rock Back onto R, Rock fwd onto L

Stomp 2 x, Rock Back

1, 2 2x Stomp R next to L
3, 4 RF Rock Back onto R, Rock fwd onto L

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